

ST. MARY OF THE VISITATION PARISH



16 Cooper Street,
Cambridge, Ontario N3C 2N2

519-658-4443

stmarycambridge@hamiltondiocese.com

www.stmaryhespeler.ca

Rev. David Reitzel, Pastor dreizel@hamiltondiocese.com

Rev. Mr. Jangho Hong, Deacon

Mrs. Catherine Quinto Garcia, Pastoral Minister

Mrs. Melana Nam, Administrative Assistant

Mrs. Ruth Ann Milne, Office Assistant

SCHEDULE OF LORD'S DAY MASSES

Saturday 5:00 p.m.

Sunday 9:00 a.m. and 11:00 a.m.

*Children's Liturgy runs during the 11:00 a.m.
Mass for children in Kindergarten to Grade 2*

WEEKDAY MASSES

Tuesday 7:00 p.m.

Wednesday 8:00 a.m.

Thursday 8:00 a.m.

Friday 8:00 a.m.

PRAYING THE ROSARY

Tuesday at 6:30 p.m. and

7:30 a.m. on Wednesday, Thursday and Friday.

All are welcome.

PARISH ADORATION CHAPEL

Our Chapel is available seven days a week starting
Sunday at 12 noon through Saturday at 5:00 p.m.

For more information please call Sheila at 519-
658-9414.

OUR PARISH SCHOOLS

Our Lady of Fatima School 519-658-4041

St. Elizabeth School 519-651-0400

St. Gabriel School 519-658-2008

St. Benedict Secondary School 519-621-4050

PARISH OFFICE HOURS

(Located in the lower level of the church)

Monday to Friday: 9:00 a.m. to 4:30 p.m.

NEW PARISHIONERS

Please register through our parish website or by
completing a form located at the parish entrances.

SACRAMENT OF RECONCILIATION

Tuesday – Friday 15 minutes prior to Mass

Saturday 4:00 p.m. to 4:45 p.m. or
by appointment.

SACRAMENT OF BAPTISM

Please contact the parish office to begin the process
of preparing your child and family for this
Sacrament.

SACRAMENT OF MARRIAGE

Please contact the parish office before setting a date
of marriage in order to begin preparations.

PASTORAL CARE TO SICK AND HOMEBOUND

Please contact the office and Father David would be
most willing to visit.

ST. VINCENT DE PAUL FOOD PANTRY

Please call 519-658-6511 for assistance.

TWENTY-FOURTH SUNDAY IN ORDINARY TIME

Date	Time	Mass Intentions	Requested by
Tuesday, September 15	8:00 AM	+ Marianne Sloane + Fred Perretta + Esther Coutinho + Joey Woods + The Rizzuto Family	Murray and Rita Freiburger Mary Maio Maria Mendonca The Woods Family The Buchanan Family
Wednesday, September 16	8:00 AM	+ Patricia (Deemert) Taylor	Paul and Marilyn O'Neill
Thursday, September 17	8:00 AM	+ Marianne Sloane	Chris O'Neill
Friday, September 18	8:00 AM	Intentions of Erin Henderson	Ruth Ann and Jonathan
Saturday, September 19	5:00 PM	+ Marianne Sloane + Marcel Chabot + Daniel Mendonca Intentions of Claudia and Javier Intentions of Luis Eduardo and Luis Eduardo Jr.	Anna Altomare Richard & Marianne Zyma Maria Mendonca Javier Cristancho Javier Cristancho
Sunday, September 20	9:00 AM 11:00 AM	For the people of St. Mary of the Visitation Parish For the people of St. Mary of the Visitation Parish	



WELCOME TO ST. MARY OF THE VISITATION PARISH!

A special welcome to all new members and visitors! We encourage all new

members to register with the parish. Please pick up a registration form at the church entrance or complete an online form:

<https://www.stmaryhespeler.ca/new-parishioners>

NEW PARISH OFFICE FALL/WINTER HOURS:

Office hours for the fall and winter will change to **Monday to Friday 8:30 a.m. to 4:00 p.m.**

CHILDREN'S LITURGY:

The Children's Liturgy program will resume **Sunday, September 13th at the 11:00 a.m.** Mass. Children who are in school but have not yet made their First Holy Communion are invited to participate.



INTERESTED IN BECOMING CATHOLIC?

Are you or anyone you know interested in becoming Catholic? We would like to start the process of preparation come the Fall. If you have thought about being baptized or being received into the Church, please call or email the office to make an appointment with Father David.



COFFEE SUNDAY:

Please join us **this weekend, September 12/13**, following ALL Masses. Plan to stay after Mass for some coffee, juice and treats and enjoy social time with your fellow parishioners. We hope to see you there!



ENCOUNTERING JESUS:

A wonderful opportunity awaits you in our Adoration Chapel. An opportunity to encounter Jesus - to spend quality time with Him in silent adoration. If you would like to assist with this ministry and spend one hour a week with Jesus, please call Sheila at (519) 658-9414 for more information.

PARISH SOCIAL COMMITTEE:

New members are always invited to join! Our next meeting is **Monday, September 14th at 5:00 p.m.** in the Hearth Room. *Many hands make light work.* We hope to see you there!



SEPTEMBER MEETING: Members of the Society of St. Vincent de Paul will meet in the Parish Centre on **Tuesday, September 15th** following the 7:00 p.m. Mass. *New members are always welcome!*



CATHOLIC WOMEN'S LEAGUE:

Consider joining our CWL and grow in faith witnessing the love of God through ministry and service, while engaging with other Sisters in Faith! Our national theme is, *"Ignite Your Passion, Empower His Mission"*. Our first fall gathering and Potluck dinner will be held on **Wednesday, September 16th beginning at 4:30 p.m.** with 30 minutes of Adoration led by Fr. David. The Potluck dinner will follow at 5:00 p.m. Come and bring your favorite dish or dessert and enjoy a nice meal and fellowship. Bring a friend! *All ladies 16+ are welcome!*

PARISH OFFERINGS
September 5/6, 2026

Sunday Envelopes: \$ 3,160.85

Your continued financial support is greatly appreciated.

SPANISH RETREAT: We invite you on **Thursday September 24th at 6:00 p.m.** to a Spanish mass/retreat at St. Mary's of the Visitation Parish; theme "*Transformando un corazón de piedra en un nuevo corazón*". Guest speakers: Fr. Gastón Kitegroski and Seminarian Nicolas Grandi from Argentina. Fee: \$15 dollars. Contact Carmen: (905) 483-9481 or Erika: (519) 222-6333.

ROSARY RALLY 2026: We invite you to join us at a Rosary Rally on **Saturday, October 10th at 12:00 noon** in our church parking lot. Please join us in praying the rosary with Father David.

MARRIAGE TIP OF THE MONTH "Once our hearts welcome the love of Christ in complete trust, and enable its fire to spread in our lives, we become capable of loving others as Christ did, in humility and closeness to all." (Dilexit Nos #203) In June we celebrated the Sacred Heart of Jesus, who taught us that we are loved, loved enough for him to accept the Cross for us. This understanding can help to transform us to love in the same meek and intimate ways he did. Our marriage bond will continue to grow as we learn to love more like the Sacred Heart of Jesus.

SANCTUARY FOR MENTAL HEALTH: Join us for the introduction of the Sanctuary for Mental Health course for Catholics, beginning **Friday, October 2nd, 6:30 pm to 8:30 pm** in the St. Ambrose Parish Hall, 210 South St., Cambridge. According to the World Health Organization, one in four people will be affected by mental health problems at some point in their lives, either through personal experience or through the diagnoses of a relative or friend. Through this series, we will watch videos providing us with a psychological, social and theological perspective of mental illness and we will meet people who share their lived experience with various forms of mental illness. Topics to be covered are Mental Health, Mental Illness, Stigma, Recovery, Championship, Self-Care and the Church. Registration is required and the deadline is **Sunday, September 27th**. For more information and to register: myrajaneklaassen@gmail.com. For course info: sanctuarymentalhealth.org.



WALK FOR LIFE: Did you know the **Cambridge Right to Life** is funded 100% through donations? This is why the annual "Walk for Life", their biggest fundraiser, is so very important. The 5K walk will take place on **Saturday, September 26th at 10 a.m.** Donations to the "walk" allow them to continue the work of defending "Life from conception til natural death" through advertising on Bus shelter benches, the electronic jumbo screen at the Delta, weekend ads in The Record newspaper and on their website. Deacon Jangho will walk on that day representing our parish for this most important event. ***He would love to have others join him as well!*** Let's support this worthwhile cause again this year and help them be a voice for the unborn, those hurting from abortion, the infirm, the aged and those with disabilities. Sponsor sheets and donation envelopes are located at all entrances of the church. Envelopes can be placed in the collection basket. For more information, please call Chris at 519-400-3657.

THE VIRTUES OF THE SAINTS: Please join us at the Shrine of the Sorrowful Mother (The Cemetery Chapel - 1820 Notre Dame Drive, St. Agatha) at **2:00 p.m. on Sundays in September** (September 6, 13, 20 and 27). We will be hosting a series of talks on "The Virtues of the Saints" presented by Joseph Goodwin. Each 30 minute talk will be followed with the prayer of The Divine Mercy Chaplet. All are welcome. The Shrine in St. Agatha is open for viewing each Sunday in September from 1 - 4 pm.

PARENTING TIP OF THE MONTH: "When we look at the research in child development and psychology, the message is actually much simpler. Young children do not need perfect parents. They do not need constant stimulation, expensive toys, or carefully curated routines. What matters most is the relationship they have with the adults who care for them." (Psychology Canada)



11AM CHOIR: New members still needed! All voice ranges are welcome. At this time, we are in dire need of sopranos and tenors. **Please consider joining the music ministry to praise God in song.** For more information, please contact Bert Walter at 226-988-2554 or 519-658-6547. The next choir practice is **Wednesday, September 16th at 7:00 p.m** in the choir loft. Come see what it's all about! New members 16 years and older are welcome!

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